

August 2011

BCACC NEWS

BC Association of Clinical Counsellors

2012 Membership Renewal

Your BCACC membership renewal package is due on **January 1, 2012**. We are endeavouring to automate the membership renewal process, which includes taking payments online. Members will still have the option of paying their fees by cheque.

We will send membership renewal notices via email near the end of November. If you do not have an email address, we will mail the membership renewal notice to the mailing address we have on file.

To assist us with the renewal process, please ensure that we have your current contact information. If your email or mailing addresses have changed, please update them by logging into your Member Profile Update; go to www.bc-counsellors.org and click "Member Sign In" at the top right corner of the webpage.

Thank you!

A Word From Your President

Duncan Shields

...if you ever have a chance in life to make a difference for people, you should do it.

Premier Christy Clark's advice to her son.

The past ten months have been politically busy and interesting times. With a newly elected Premier and newly appointed Cabinet, including a new Minister of Health, there has been

a great deal of shifting ground in the province which we've watched carefully for its potential impact on BC counsellors. This fall, the ground may shift again as government is expected to call an election to seek a clear public mandate.

Changes in leadership offer us both challenges and opportunities. Challenges because agendas change, new relationships need to be built and awareness raised; and opportunities because new leaders bring new perspectives and priorities which can complement our objectives or advance our position.

Premier Christy Clark's "Families First" platform offers us a number of new opportunities and may enhance

existing ones. Part of the agenda to improve the health and well-being of BC families entails a promise to deliver enhanced services at the community level, and to ensure that the provision of services, such as access to health care and education, is looked at through a rural lens. As the province's largest association of mental health professionals, serving in communities all across BC, Registered Clinical Counsellors are an underutilized asset in the provision of effective mental health services.

You will all recall that on November 1, 2010, then-serving Minister of Health Services, Kevin Falcon and the Minister of Children and Family Development, Mary Polak, released a long awaited 10-year Mental Health

and Addictions Plan. Titled 'Healthy Minds, Healthy People', the plan emphasizes healthy families and explicitly articulates an “upstream” policy shift that seeks to expand preventative initiatives, identify at risk individuals earlier, and increase access to early intervention. This shift presented a critical opportunity for Registered Clinical Counsellors and a proposed College of Counselling Therapists; however, the resignation of Premier Gordon Campbell and Minister of Health, Kevin Falcon had raised questions about whether new leadership would implement the Plan.

Fortunately, under the new Premier, and Minister of Health Mike de Jong, the Ministry appears to be continuing with implementation planning, and with the planned analysis and recommendations pertaining to establishment of a College of Counselling Therapists by legislative staff.

As part of the background work for recommendations to the Minister, expected this fall, the Task Group for Counsellor Regulation, Ministry staff and representatives from the Canadian Professional Counsellors Association (CPCA) met on May 16, 2011. Ministry staff had requested this meeting to determine whether an effective collective leadership was likely to emerge for the counselling profession in BC. This has been a critical issue for Government since 1995, when they concluded that the counselling profession was too divided to regulate effectively.

At our meeting, we were able to re-assert our policy positions that are agreed to in principle by the CPCA. Legislative staff reported that they were pleased with the meeting and requested that we assist them in documenting risk of harm with case examples and legal findings to further support our case for regulation. We believe that creating a College is in alignment with the direction of the 10-year Plan and consistent with, and

essential to a “Families First” agenda. A College would significantly increase system capacity by including counsellors within a full continuum of services. It would clarify and expand choice of service provider for the public, and it would reduce costs to the public as interventions move upstream and counselling becomes more accessible through private extended health insurance plans.

As we move into the fall of 2011 the Task Group partners will need to carefully consider next steps to ensure that politicians and the public understand the role that counsellors play in enhancing mental health across our province.

Registered Clinical Counsellors have the ability to “*make a difference for people*”. It is our sincere hope that this government removes public policy barriers and gives us increased opportunity to do so.

Committee Reports

Our staff and volunteers are working diligently across the province to build recognition of the place and contribution of Registered Clinical Counsellors within our communities and the wider health service continuum. The individual committee reports that follow speak to these efforts throughout the province. The work of each of these Committees ensures that our members are supported and protected in an ever-changing political and legislative environment.

We have a vision for the future of counselling within this province and beyond. We understand how counselling can enrich and sustain people during both ordinary and extraordinary times. We know what barriers exist to increasing access and use of our services, whether through stigma, lack of professional recognition or non-inclusive public policy. We are committed to tirelessly pursuing the social change necessary

to fully leverage the talent and care of our membership for the people of BC.

My thanks to you all for your ongoing hard work in your communities and committees.

Providing high quality health care is the single most important job of any Canadian provincial government.
Families First Policy Document



I was very pleased in June to attend the conference of the International Association for Counselling (IAC) in Montego Bay, Jamaica. Canada was well-represented at the conference with the IAC past president (Dr. Bill Borgen) and several other Canadian leaders in counselling making presentations and participating in working groups. For my part, I joined a presentation by Drs. Ron Lehr and Blythe Shepard in a presentation of Canadian Counsellor identity. Our presentation was attended and well received by presidents and past presidents of national counselling associations including the immediate past president of the American Counseling Association.

BCACC members may recall the 1996 International Counselling Congress at UBC which included participation of IAC (formerly the International Round Table for the Advancement of Counselling) as a partner and host of the conference. At that time, Prof. Hans Hoxter, the founder and president was in attendance. I was proud that BCACC saw fit to make a financial contribution to the Hans Hoxter memorial fund to sponsor a student from a developing nation to attend the conference. This was

appreciated and noted by President Courtland Lee during the Executive Council meetings and from the podium at the opening session.

I believe Canadians are well positioned to play an important role in the international community of counsellors. IAC does an excellent job of hosting these discussions. Please contact me if you are interested in the IAC conference or building upon these international collaborations for BCACC.

Executive Director's Report

Jim Browne

As our Association moves through its 23rd year, it does so with strength and challenges.

I see our growing membership, increased membership participation, and the leadership provided by our Directors, Chairs of Standing Committees, and Regional Vice-Presidents, forming the core of our integrated strength. Our Directors are the stewards of the clinical counselling profession, and provide thoughtful guidance and oversight of our Fundamental Purposes.

Not so visible, but also a strength, is our positions of leadership, within the larger professional community, with the BC Alliance for Mental Health, Mental Illness and Addictions Services, the Community Action Initiative, pan-Canadian regulation under the Agreement on Internal Trade with the Canadian Counselling and Psychotherapy Association, and the legislation initiative with the Task Group for Counsellor Regulation in BC.

Another area of strength is our Victoria Office operations, developing and thriving with the guidance and oversight of Executive Assistant Aina Adashynski. Association growth continues to place pressures to cope with mounting demands on staff and technology.

A continuing central challenge is our legislation initiative – to establish a College of Counselling Therapists under the Health Professions Act. Within this file, we are the lead organization in a collaborative group of professional counsellor organizations called the “Task Group for Counsellor Regulation in BC”. One counsellor group, external to the Task Group but reasonably well-known in Canadian counselling circles, claims that they are doing a better job with their membership oversight because they have fewer complaints against their members than our Association has against RCCs... Hmm, let's see, an average of 10 complaints, per year, with 2287 members is a .0044 rate... seems remarkably low to me.

We continue to grapple with the unfair and unrealistic taxation of clinical counselling services, within a sea of community confusion on complex GST/PST/HST tax issues. Both levels of government are tending to skirt the issues on this one while continuing to use the taxes collected on RCCs' upstream intervention services to pay for expensive downstream therapeutic services.

Another challenge is managing our Fundamental Purposes. One directs that we are responsible for protecting the public interest, while another directs that we are to advocate for the membership and provide member support. All of this is done with a single Board of Directors. Essentially, this is not fair to our dedicated Directors and needs to be corrected with the simultaneous creation of a separate College of Counselling Therapists of BC, and The BC

Association of Counselling Therapists. A challenge, indeed.

This BCACC NEWS separate from Insights Into Clinical Counselling, represents yet another challenge – finding the most reasonable and accessible means of communicating high content issues to our membership, and the larger community of professions.

Feedback from the community strongly points to our skilled and accountable practicing members working with diverse and often-challenging clinical issues, significantly contributing to the well-being of the citizens of BC.

Office of the Registrar

Angela Burns, Registrar

General Administration:

Many thanks to BCACC for recognizing my 20 years as Registrar with a very meaningful Distinguished Service Award! Thanks also to all of you who sent personal appreciations.

The Reinstatement Bylaws will now be coming forward in 2013 due to heavy demands on the Legislative Review Committee. We will keep you posted via Insights into Clinical Counselling and the website about the next target date.

Prospective Applicants and Applicants:

The RCC is becoming a very valuable credential required by many employers in BC. We are noticing more stress and anxiety in the prospective applicant and applicant populations as they need this credential to obtain employment. Applicants have been questioning our procedures, policies and deadlines and creating more than average stress for our frontline staff. We will be putting

some conduct guidelines for applicants on the website. The Registration Committee has been reviewing more applicants per meeting than ever before and the applications have been more complex due to our newest bylaws which, proactively, satisfy the Agreement on Internal Trade. We will be adding two new members to the Committee this fall which will help with the workload. Deadlines and membership requirements are not negotiable!

A snapshot of the Association on June 30, 2011:

Total members: 2287; Active: 2079; Inactive: 165; Student rate: 42; Honorary: 1

By Region: 0 (out of province) 73; 1 - 163; 2 - 326; 3 - 169; 4 - 1021; 5 - 429; 6 - 106.

Inquiry:

Since January 1, 2011, we have received three complaints; one investigation is in progress. We have closed four cases to date, five Consent Agreements are being monitored, one case is on hold and one case went to appeal. No cases have been dismissed.

Registration:

We sent 46 applications to the June 2011 meeting of the Registration Committee; 32 applicants were accepted at the meeting and the remainder will be brought in once their files are complete (several applicants have completed their master's programs but were unable to provide convocated transcripts until after the meeting; some files recently completed contain expired criminal record checks).

Deceased Members:

- Roy Adams, Member since June 5, 1991, living in Surrey - passed away March 8, 2011.
- Patricia Grainge, Member since May 23, 1990, living in Vancouver - passed away May 16, 2011.

Committee Reports

Continuing Competency *Rob Riddle, Chair*

The Continuing Competency Committee has been focusing mostly on the implementation plan for the Continuing Competency Program, though we also continue to accept applications for assistance with funding Continuing Educational events.

The draft of the Continuing Competency Program was completed before the June Board meeting and copies of this were circulated to Board members and to Delegate Council members who volunteered to review and give feedback to the committee. We have received some of this feedback already and wish to thank those members who have participated in this review. Final changes will be made by the end of September in time for Board members to review and hopefully approve the implementation of this program for 2012. If this proceeds as expected information will be included in your 2012 renewal package. Only one third of the members will be invited to participate in this voluntary Continuing Competency Program each year for the next three years. If a college of Counselling Therapists is formed before the end of this three year period then our hope is that the new college will use the feedback we have received from this voluntary system to implement their mandatory system of Continuing Competency.

Ethics & Standards *Adrienne Mahaffey, Chair*

An updated **Child Custody and Access Assessments and Reports Standard and Clinical Counselling Reports Standard** were approved by the Board of Directors at its June 2011 meeting.

It was felt that the Child Custody and Access reports deserved their own standard for report writing, and that standard can be read for more specific information on the preparation of expert reports in these circumstances. Expert reports, as previously reported, have changed somewhat since the introduction of new court rules on July 1, 2010. More information on this is available in the Legal Commentary on Expert Reports, which has been posted to the BCACC website.

These standards replaced the **Standards for Writing Court Ordered Reports (March 2000)**, and the **Child Custody and Access Assessments and Reports (Oct. 2005)**.

The Ethics Committee is hard at work on a "use of technology" standard, which is intended to eventually replace and be more comprehensive and up to date than the number of currently applicable standards and guidelines pertaining to the use of various technologies. When complete this Standard will be brought forward and proposed to replace the **Counselling via Telephone or Computer (August 1996)**, **Guidelines for the Secure Transmission of Facsimile Information (Fall 1996)**, and the **Technology Standards for Ethical Practice (May 2002)**.

The Board of Directors also approved the formation of a special ethics committee, to be comprised of a reasonable number of individuals with helpful expertise or knowledge, to

examine counselling in First Nations communities, and to consult with communities and others around the feasibility and appropriateness of guidelines, commentaries, or standards to assist counsellors in providing the best possible service. This committee is presently in the early stages of being formed and it is anticipated that this will be a long-term project.

Inquiry
Shirley Halliday, Chair

Co-written by Jane Goranson-Coleman and Lisbet Rosenfeld.

Working on a Committee for BCACC is a volunteer job. While it's for the good of the organization, the real rewards come to the committee members who have been given a tremendous opportunity to learn.

Because we are responsible to receive and investigate complaints from the public about our members, we have the unique opportunity to learn first-hand how a clinical error can impact our clients. Harm created by clinical errors range from the fairly benign, such as poor practices around scheduling and phone calls, to being quite damaging and life changing such as contributing to, rather than helping resolve conflict in custody situations. Damage doesn't only impact the client, but also our confidence as clinicians, and the reputation of our profession. Clearly counsellors are held to a higher standard, and as such the public expects much of us. It's vital in our work that we stay up-to date with our expertise.

Some of the unfortunate ways the counsellor's good intentions can go awry include: when therapeutic processes are not well communicated to the client; when treatment proceeds without the client's understanding or proper consent; unclear or poorly

articulated expectations; and/or poorly defined treatment plans.

Errors of this nature are seen by our committee when they arrive in the form of complaints: of boundary violations, violations of confidentiality, unprofessional conduct, poor communication, mishandled therapeutic terminations, and/or practicing outside the scope of one's expertise.

We have seen examples of clinicians who make very poor clinical decisions: poor choice of therapeutic intervention, being naively (and foolishly) uneducated about legal issues such as the rules surrounding confidentiality and child custody laws, and maintaining dual relationships. We have had complaints of members participating in assessments and preparing reports for child custody court cases for which they were plainly untrained and clearly practicing outside their expertise. Child custody issues are so potentially fractious that they should only be entered into with a great deal of expertise and experience and regular, expert supervision, and yet we continue to see members continue to enter this work, sometimes with disastrous results to family relationships.

Another problem we see frequently is the improper use of email between clinician and client. E-mail appears to be a tool that allows some communications in the therapeutic relationship that blurs boundaries by allowing: abbreviated and too casual communications and a lack of professionalism. As well, many clinicians do not realize that e-mails become part of the client file.

If we see repetitive problems on specific areas of practice, or general trends in complaints against our members it suggests to us that our members may be lacking training or knowledge in specific areas. On these occasions we suggest that those topics

be addressed in "Insights into Clinical Counselling" so that the information about these important topics can be disseminated to the whole membership.

When we work with members who have had a complaint filed against them, one of our frequent remediation requirements is to participate in clinical supervision to address the specific areas of weakness of the practice, not as punishment, but as a support to enhance their practice. Clinical supervision in both a one-to-one relationship with a knowledgeable counselling professional as well as a peer supervision group is invaluable to the practitioner, particularly those in private practice. Being a member of this committee has certainly reinforced that point.

Our work on the Inquiry Committee has shown us that all clinicians face challenges and dilemmas in their practice. Clearly not all of our clients are easy to work with, and some will never be happy with us and not all of our work falls within our preferred scope of practice. However, using good clinical judgment, making proper ethical and moral decisions, being aware of any presenting legal issues, maintaining top-notch therapeutic technique through continuing education and clinical supervision, communicating clearly, and creating appropriate treatment plans is the gold standard to provide good clinical service.

Legislative Review
Glen Grigg, Chair

National Labour Mobility Project Working Group (PWG)

On April 7th and 8th Duncan Shields and I attended the National Symposium of the PWG. The agenda was to review the survey results which established a resounding consensus for a very broad and inclusive scope of practice, together with a relational

and process-oriented definition of counselling. These are huge steps forward! Challenges remain as we try to harmonize the processes of regulation across the country. Some jurisdictions have built their planning on the use of credentials as central to professional registration, while the Agreement on Internal Trade makes clear that regulators must assess competencies. These differences need to be ironed out so that we can achieve statutory regulation and professional mobility all in one package.

The symposium finished with a work plan to do another year of work from the PWG to establish a code of ethics and standards of practice. Fortunately, the progressive step of adopting a principles-based ethics framework consistent with Gauthier and Pettifor's internationally respected formulation, and, importantly, the one adopted by the BCACC, is the foundation of this work. The framework is to create a grid of principles and apply these to existing codes and standards to demonstrate alignment, and the utility of the principles framework in identifying gaps and establishing equivalencies. The validation mechanism being contemplated is a series of focus groups. Contingent on funding, these might start as early as Fall 2011.

National Testing Initiative

The CCPA is working on an entry-to-practice examination, an important step forward. We have taken an active interest in this project, but stopped short of direct participation in test development because, for now at least, the format of the examination is a "paper and pencil" process, and our long-standing policy has been to evaluate candidates for registration based on a comprehensive evaluation of competencies. It is the view of the BCACC Board of Directors that written tests tell us much about what people know, but they do not demonstrate complete skill sets

produced in real time in response to a clinical situation. We remain very supportive of the CCPA initiative because it moves our profession in the right directions keyed to accountability and competencies.

Member Services

Lida Izadi, Chair

Since my most recent report, Member Services projects continue to operate without significant changes. We applaud everyone's dedication to the ongoing efforts in increasing the internal and external visibility and resources of BCACC.

Public Presentation Project (PPP) - Vancouver

The Vancouver Skills for Mindful living series is offered in partnership with (and at) the Adler School of Professional Psychology. The 2011 calendar of workshops has been posted via the BCACC Website since the series was launched in February 2011. We are currently developing the calendar for 2012 workshops, which will be offered in February, March, April, May, September, October and November. We are exploring the possibility of recording the presentations and posting it on YouTube to make them accessible to the interested public in the province. To date the workshops have attracted approximately 45-60 participants. These workshops, entitled Technology Addictions, Anger Management, Talking with Teens About Difficult Topics, and Mindfulness were attended by both counsellors and the public. Feedback indicated that they were both enjoyable and useful. The only limitations listed were the expense of parking downtown and that the lectures were too short!! Popular suggestions for future topics include addictions, parenting, couples and family issues, depression, and eating disorders.

Much effort was put into developing an email list by Adler student coordinator, PC Leong, and sent to business groups, school boards and local residents. That said, all events attracted a majority of RCCs – roughly 75-80%. Given that this is a continuing education and community service initiative the high percentage of RCCs could be viewed as a good result, as they can translate the information into their professional work. The email list is being expanded by the Member Services Committee. Additional marketing efforts might be well served in getting the word out to local doctors' offices, coffee shops, and via warm calls to corporations in the downtown core.

The series continues on September 13, after a summer break, when Candace Plattor will speak on Loving an Addict, Loving Yourself.

PPP - North Shore

On March 30 a meeting was held with the executive directors of the West Vancouver Community Centres Society and CMHA North Shore branch to review the activities of the Committee and plan for future direction. We decided to reduce the number of Mindful Living workshops to six. This will allow us to use our limited resources to launch two new projects in order to address youth and multicultural interests. Next year, presentations will be held in January, February, April, May, September, and November.

The first workshop after the summer break will be on September 15. The calendar of 2012 workshops is in the final stage of development and will be posted by December 2011.

Youth Project - North Shore

The youth committee has chosen movies to show at the "Youth 4 You" Movie Nights, to be held at the West Vancouver Recreation Centre this fall. To date, they have previewed the

movies and examined the themes and concerns that are portrayed. Our partners, the West Vancouver and North Vancouver School Districts, have agreed to offer community service hours to students who attend the Movie Night. At the conclusion of the movie an RCC will debrief the students, facilitating a discussion about on the characters' personality analysis and mental health issues in the movie. Marketing materials have been developed by the Committee and will be distributed throughout the community in late summer. Meesha Kamali and Tareq Lafi are our new project coordinators. Loads of thanks go to Jennifer Campbell, who helped this project get off the ground. We wish her well in her future endeavours and thank her very much for her efforts. The six-member committee met on June 25 to finalize details. Our first workshop will be on technology addiction and the workshop facilitator will be Ross Laird. The workshop will take place on October 19 from 6:00 to 9:00 PM at the West Vancouver Community Centre.

Multicultural Project

We have made strides with our multicultural project on the North Shore.

Although we faced some challenges in getting it rolling, we are going to offer three workshops on family relationships, stress reduction, and healthy relationships before the end of the 2011. We have booked the venue and developed flyers for marketing. The workshops will be held on July 14, October 14, and November 25 at the community room of the North Shore Resource Centre accommodating 30 registrants. At the time of writing, the July 14 Farsi workshop on family relationships by Ali Hooman was full and a waitlist was in place.

Announcements will be made to the community through Iranian local papers. Lida Bahrami, an active community member, is our new

project coordinator. We welcome her on board.

The translation project is also moving forward on target. We are currently working on the translation of the brochure in Spanish, Urdu, and Punjabi. In addition, we are exploring the option of providing online version of the translated brochure on our website.

Peer Support Project (PSP)

We had not experienced much success in enlisting seasoned or new members to join this project. I am excited, however, that Judy Simonett is joining the PSP team. A meeting was held with Judy on May 13 to discuss the coordination role and examine steps to improve the project goals.

Website

Last but not least, I am very excited about a new addition to our website that will improve our referral system enabling the public to more effectively search for RCCs in their area.

Members can upload a picture to accompany their listing. They can also post links to their Twitter, LinkedIn and Facebook profiles. As well, the new section "about me" will allow members to include a description of their services. This can be up to 100 words, offering information about the location of their services and the modalities and approaches they use. For more information on the recent changes to the private practice referral directory, please refer to the April 26th email from BCACC head office.

Thanks to all Member Services Committee members who diligently continue to give their precious time to make our services more valuable to the membership.

Registration
Joan Campbell, Chair

The Registration Committee reviewed over 50 files for each of the March and June meetings. The entire application process for membership in BCACC has been updated so hopefully it is easier to understand and the requirements are consistent in all aspects of the package. The Committee is pleased that applicants can apply to become members entirely on-line which is a new process and one we are trusting will be appealing to some future members. The Committee is grateful for Head Office's assistance and especially Aina Adashynski's technical know-how, wisdom and knowledge in helping us make this goal a reality. If you have some feedback for the Committee or the Registrar about this updated process, we would appreciate hearing from you. Please send your comments via email to Head Office to our attention.

The Committee is looking for two additional members to serve on the Registration Committee. The current members are finding the file review and the complexity of some of the files problematic and are looking for a Registered Clinical Counsellor from each of Regions 1 and 5 to join the Committee. A notice with this information more fully explained has been sent out to the respective memberships of Regions 1 and 5.

Thanks go to all the Registration Committee members: Kathy, Mario, Helen, Eileen, Ellen and Kevin, along with Angela and John from Head Office. You are amazingly funny, wise and professional people who make the work we do together easier and more manageable. The administrative support we receive from Andrea, Donna, Carly, Marci, Michèle and Aina is invaluable and for that we are forever grateful.

Regional Reports

Region 1



NORTH COASTAL

All coastal regions of the province north of the Sechelt Peninsula up to and including Powell River, and the northern portion of Vancouver Island which is past but not including Chemainus, including Gabriola Island.

North Coastal

Chris Stasiuk, VP

At the time of writing, I was very much looking forward to the August workshop on the Borderline Disorder of the Self and to learn about new strategies for shorter times in therapy for these hard to work with clients. Some of the presenters have already agreed to come back next year to teach similar strategies in regard to therapy for the Narcissistic Disorder of the Self. I am not a therapist who likes to hang diagnostic labels or disorders on clients but the reality is that some clients aren't very responsive to the post-modern therapies. I find that to get past the defensiveness of difficult clients in order to open up possibilities (especially with couples) is very difficult and so I welcome other points of view. My hope is that some of these strategies will give my clients who may appear borderline or narcissistic a better chance toward more fulfilling relationships. I am also working toward having another workshop for advanced training in Acceptance and Commitment Therapy within the next six months.

Having stated the above, I am putting out a request for help. I am finding it increasingly difficult to arrange workshops as well as regularly scheduled Regional Meetings which help build a sense of community with our regional counsellors. I am looking for someone who would like to take responsibility for organizing at least three meetings a year. To make them more accessible for all our members from time to time, might I also suggest that we rotate the locations i.e. Nanaimo, Parksville, and Courtenay. Please let me know if you have a passion to see this accomplished within our region. My email is cpstasiuk@gmail.com.

Region 2



SOUTHERN VANCOUVER ISLAND

All regions of the island south of and including Chemainus, and the Gulf Islands south of but not including Gabriola Island.

Southern Vancouver Island

Lee McLeod, VP

Hello, and I hope you are enjoying a warm and relaxing summer! (No doubt I've chosen that opening because I'm very much looking forward to said warmth and relaxation on my vacation planned for the weeks when you're probably reading this.) By all reports, warmth was in good supply on June 4 at the first Counsellor Café to be held on Salt Spring Island. Jon Schwabach, with Susanne Hunter, co-organized the café, and for the benefit of those like me unable to be there, here's his account of the event.

Counselling in Small Communities

High up on Mount Maxwell, BCACC members experienced a mix of presentation and discussion followed by a catered dinner at the brand-new and spectacularly beautiful conference and retreat center, Celtic Place, with a view of the Coastal Mountains and Gulf Islands all around.

Presenters (all RCCs) and ensuing discussion covered a variety of issues related to practicing in small communities. Irene Champagne talked about what it takes to survive in remote communities of the north, Kevin Ward stressed the importance of learning how to utilize the protocols of small communities and facilitated a greeting circle and a problem-solving practice based on First Nations practices. Sol Mogerman led a discussion on the challenges of dual relationships in small communities. Cheryl Bell-Gadsby reminded us all about the need to practice healthy self-care activities in order to avoid burn-out, as well as of the importance of having supportive supervision from colleagues, or more formally from experts when issues demand.

Most of the 25 participants came from Region 2, but Regions 1, 3, and 4 were also represented. About half of the group stayed for a catered dinner afterwards at Celtic Place, a conference and counselling center owned and operated by Elsie Hannah, RCC, including B&B accommodations for those seeking to take advantage of a mountain retreat with supportive counselling for those facing life-threatening illnesses or the loss of loved-ones.

All in all, the day was experienced by many as an adventure, crossing the great water, perhaps visiting the Salt Spring market in the morning, going to top of the mountain, getting fed (with both information and food) and enjoying the fellowship of colleagues. One participant commented, "I've attended a variety of BCACC

sponsored training events... This workshop left me inspired. . . .” Another participant requested that we, “Make it a 2-week session – [it’s such] a beautiful location. . . .” The organizing committee were so pleased with how it turned out that they are recommending making this an annual event.

Region 4



LOWER MAINLAND NORTHWEST
This region includes Vancouver, Burnaby, North and West Vancouver, Richmond, Port Moody, Coquitlam, Port Coquitlam, New Westminster, all regions up to and including Whistler, and the Sechelt Peninsula.

Lower Mainland Northwest

John Fraser, VP

Regional Council Representatives

The current list of Regional Council Representatives for Region 4 includes the following members: Nancy Downes, Deborah Braun, Jennifer Campbell, Jerry Arthur-Wong, Geoffrey Ayi-Bonte, Marilyn Beloff, Sara Kammerzell, Jo-Anne Weiler, Betty Rainford, Diana Romer, Elaine Roth, Jennifer Scott, & Jose Guerrero. This brings the current number of Regional Council Representatives to 13. Region 4 has been allocated a total of 24 Regional Council Representatives so there are still spaces for more representatives. In this respect, we are still looking for more volunteers to help organize and facilitate regional events. If you are interested in becoming a Regional Council Representative or would like further information regarding this volunteer position please feel free to contact John Fraser at (604) 602-0890 (office), (604) 648-9976 (fax) or at johnfsi@telus.net (e-mail).

Region 4 Workshops

At the time of writing this report, the topic for the Region 4 Fall 2011 workshop was not yet determined. Further information regarding Region 4 workshops (location, synopsis, registration details, etc.) will be provided through BCACC broadcasts and the BCACC website when it is available.

Counsellors' Café II

A new coordinator for the Café has yet to be found so the Counsellor Café is not currently running. The Counsellor Cafés were a volunteer driven event that provided a great service to the BCACC membership. They were an excellent opportunity for BCACC members and other colleagues to present on their skills and areas of expertise. They were also a wonderful opportunity for BCACC members to network in a relaxed and informal setting. If you are interested in coordinating a Café in your area please email John Fraser at johnfsi@telus.net or call 604-602-0890.

Disaster Psychosocial Services (DPS)

The Disaster Psychosocial Services (DPS) Program is recruiting volunteers to provide psychosocial response services for citizens and emergency responders impacted by emergency and disaster situations across the province of British Columbia. If you are interested in becoming a volunteer, you will need to fill out a DPS application and also to have completed some training. This training is not too extensive and is available online for free. If you are interested in applying to be a volunteer with DPS, or if you would like some further information, please send an email to John Fraser at johnfsi@telus.net or call 604 602-0890. An application form will then be sent to you, as well as some further information on DPS. Thank you very much for taking the time to consider volunteering for DPS.

The two required online training courses can be found by going to the following websites.

Introduction To Emergency Social Services (ESS100) - <http://jibc.ca/course/ess100>
 Introduction To Disaster Mental Health - http://nccphp.sph.unc.edu/training/nc_drn/

Region 5



FRASER VALLEY
This region is composed of Surrey, Delta, White Rock, Langley, Clearbrook, Agassiz, Mission, Chilliwack, Abbotsford, and Maple Ridge, and all smaller communities within these boundaries including Hope.

Fraser Valley

Nikki Pawlitschek, VP

Region 5 Workshops

Developing Your Practice for the Future

I attended this workshop, along with seven of my Regional Council Representatives on Saturday, April 16, 2011, in Abbotsford. It was very informative and visually pleasing (use of PowerPoint and video clips). The following topics were discussed:

- Trends that affect our practices and may render your current business model obsolete.
- Steps you can take right now to protect your practice, your income, your clients and the wisdom that is your legacy to the community.
- How to reach to your ideal clients, while honouring who you are and increasing your income.
- How established marketing methods may actually turn away more customers than they attract.

- How to spend significantly less money on marketing and improve results.
- How adding “information products” to your practice can enhance your reach and create a legacy.
- How to Market to the “issue” and to your target audience.
- Discover the most productive and profitable markets while matching these to your skills and interests.
- BONUS: An introduction to “Market Samurai” software.

The presenter was our very own Gerry Bock, MA, RCC, who is the founder of Specialized Therapeutic Solutions, as well as a Clinical Practice Marketing Coach. He has been operating a very successful full time private practice for more than 20 years.

Gambling Awareness Presentation

This presentation was held on Tuesday, May 31, 2011 in Cloverdale. The purpose of the presentation was to cover the key areas, as well as, allowing participants to ask questions at the end.

- Definition of gambling.
- Legal vs. illegal gambling and online gambling.
- Definition of problem gambling.
- Prevalence of problem gambling in BC.
- Relationship to other disorders.
- Signs of a potential problem with gambling.
- Consequences of a problem with gambling.
- Differences between social/responsible gambling and a problem with gambling.
- Differences and similarities to other addictions.

The presenter was Patricia Atkins, MSW, RSW, who has 25+ years' experience developing and implementing education and awareness programs on addiction issues. She was the first School Based Prevention Specialist in BC public high schools and successfully lobbied the provincial government to establish

long term funds for this program and expand it to over 20 positions. As well, Patricia was one of the first persons hired in 2005 as a Prevention Specialist to work within BC casinos to raise awareness about responsible and problem gambling issues with the customers and staff. She has worked for the BC Responsible and Problem Gambling Program in the community for the last four years delivering presentations on gambling issues for different groups including students starting at the Grade 6 level, training staff in community organizations and providing workshops with seniors' groups.

Region 5 Networking Meeting

This meeting was held on Tuesday, June 21, 2011, in Cloverdale and it was the first time that we had tried a networking theme. We had a small, intimate group and we learned that for our next meeting we will allow for at least a month's notice and will have a more structured format.

Regional Council Representatives

The current list of Regional Council Representatives for Region 5 includes the following members: Gord Auld, Charlene Avery, Gerry Bock, Patricia Dubberley, Barbara Faris, James Logan, Helen Peters, and Muzaffar Syed.

Cliff Holloway has recently stepped down as a Regional Council Representative. He has been an active member of the Regional Council for the past seven or eight years, and I would like to extend a special “Thank You” to Cliff for his considerable contributions to the region while he was a volunteer. It was my honour to have known him for the time I did and he will be missed by all.

Region 5 has been allocated a total of 12 Regional Council Representatives so there are still spaces for more representatives. In this respect, we are still looking for more volunteers to help organize and facilitate regional events.

If you are interested in becoming a Regional Council Representative or would like to volunteer to organize and facilitate regional events, please feel free to contact Nikki Pawlitschek via e-mail: antonika@hotmail.com.

Region 6



INTERIOR NORTH

Includes the rest of the province north and west from a line drawn between Hope, Westwold, Chase, to Arrowhead near the Alberta border.

Interior North

Barb Ingram, VP

Thank you to everyone for your support, and patience, as I meld into my role as VP for Region 6. The level of professionalism and experience of the Regional Reps and BCACC Board of Directors creates a formidable Keystone for this Newbie! I am constantly impressed by everyone involved with our organization.

During my first Board meeting I was offered a BCACC committee position, as chair, for the newly forming Nomination and Recruitment Committee. This is both challenging and exhilarating. Fortunately, my committee members have agreed to Co-chair and are guiding the process well!

Luckily, Region 6 is very fortunate to have an impressive team of Region 6 Reps – as the Report below will indicate:

Regional Council Representatives

Welcome, **Michael Koehn** (Kamloops), our newest Regional Council Representative! Michael co-chairs our Kamloops Regional

Luncheon Meetings with our veteran Rep, **Ava Perraton** (Clearwater). Our Prince George Regional Meetings are chaired by **Ryan James** (Prince George). Thank you to these Reps for their coordination of these meetings for our members. Our 4th Regional Council Representative is **Ralph Wright** (Prince George/Williams Lake). The Region 6 Regional Council Reps, and myself, also take part in monthly planning teleconferences.

Region 6 has a total allocation of six Regional Council Representatives. Therefore, we are actively recruiting two additional Reps. If you are interested in becoming a Region 6 Council Representative or would like to inquire about any type of participation in BCACC within Region 6 please contact Barb Ingram at 250-992-1501 (home); 778-414-4404 (office); or barbingram@shaw.ca.

Continuing Competency Committee (CCC)

Rob Riddle (CC Committee Chair) is our Region 6 Rep for this Standing Committee. Please read Rob's committee report for the exciting updates regarding the Professional Development Portfolio. We are very privileged to have Rob's expertise for this Standing Committee. As well, he is a regular attendee at our Kamloops Luncheon Region 6 meetings. The CCC continues to accept applications for assisting with funding for CE events in Region 6. Applications are available from your Region 6 VP!

Public Presentation Project – Kamloops

Julie Flowerdew offered the second public presentation at the Kamloops Sahali Centre. Entitled "Taming the Tiger", it examined the influence of anxiety on our lives. If you were fortunate enough to attend Julie's presentation you will know it was well attended and enjoyed by a very appreciative audience. Thank you,

Julie, for offering this professional, timely, public presentation.

Disaster Psychosocial Services (DPS)

John Fraser (VP Region 4) is the BCACC Representative on the Provincial DPS Committee and is recruiting RCC volunteers to provide psychosocial response services for citizens and emergency responders across BC during disasters. Region 6 is a *very* large geographical area that requires DPS volunteer representation from all our Region 6 communities. In May, Kamloops was able to offer a well-received provincially funded seminar on how a community can prepare to offer psychosocial support for responders/survivors. Approximately 50 participants attended this seminar.

NB: Please do not assume that if you signed up as a DPS volunteer when the initial request went out to members, a few years ago, that your name will automatically transfer onto the new list. There is now an application process with online training components.

Your first step to qualifying for a volunteer position is through the provincial application. Please request an application form from John Fraser at 604-602-0890 or johnfsi@telus.net.

Peer Consultation Groups in Kamloops

All Region 6 RCCs received an electronic broadcast invitation from **Michael Koehn** (Regional Council Representative) regarding our new initiative for a Peer Consultation Group in Kamloops. Michael has also offered to be the contact person for Region 6 members outside the Kamloops region. If you do not receive electronic broadcasts from the BCACC or you would like more information about the Peer Consultation Initiative please contact Michael Koehn at 250-819-1313 or mkoehn@mindteams.com

Kamloops Regional Meeting Sign-up

Kamloops area members who are interested in obtaining a synopsis of the Region 6 Luncheon meetings can sign-up and receive the meeting notes. Please contact Michael Koehn at 250-819-1313 or mkoehn@mindteams.com

Insights into Clinical Counselling Readership Survey Results

Thank you for participating in the May 2011 IICC Readership Survey.

Of 363 respondents, 96.4% read IICC

Most readers (86%) spend up to two hours reading the magazine, focusing on the articles (98%) and BCACC NEWS (67%). The least read sections are the Web Corner and Who's Who (only 25% of respondents read those).

After they're finished, most members (55.8%) keep the magazine for future reference. Nearly one-quarter (24.3%) recycle it or throw it out when they're done.

More than two-thirds (68%) prefer to receive the magazine in print; 18.2% said they'd like to read it online.

When we asked members if they would read IICC if it were offered solely online, more than 76% seemed willing to give it a try. Over 86% said they would read the BCACC NEWS if it were offered only online.

Thanks again for participating. Your feedback is invaluable.

If you want to share further feedback or comments about IICC or BCACC NEWS, please send your comments to : aina@bc-counsellors.org.

Thank you!

connecting with your association
 who's who

BOARD OF DIRECTORS

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REGIONAL VICE-PRESIDENTS

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 Region 2 - Southern Vancouver Island Lee McLeod
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 Nominations and Recruitment Policy Barb Ingram

REGIONAL COUNCIL REPRESENTATIVES (alphabetically by region)

Region 1	Irene Champagne Monika Grünberg	Loray Daws Bobbi Laird	Brien Dolan Marie-Josée Piché
Region 2	Susan Farr Monica Kingsbury	Susanne Hunter Jon Schwabach	Mitra Jordan
Region 3	Carmen Carter Lisbet Rosenfeld	Kevin McMullen Leora Splett	
Region 4	Jerry Arthur-Wong Deborah Braun Jose Jaime Guerrero Diana Romer Jo-Anne Weiler	Geoff Ayi-Bonte Jennifer Campbell Sara Kammerzell Elaine Roth	Marilyn Beloff Nancy Downes Betty Rainford Jennifer Scott
Region 5	Gord Auld Patricia Dubberley Helen Peters	Charlaine Avery Barbara Faris Muzaffar Syed	Gerry Bock James Logan
Region 6	Ryan James Ava Perraton	Michael Koehn Ralph Wright	

EXECUTIVE and ADMINISTRATIVE TEAM

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